



## PARENTAL NUTRITIONAL KNOWLEDGE AND NUTRITIONAL STATUS OF PRE SCHOOL CHILDREN (3 -5 YEARS OLD)

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### ABSTRACT

**BACKGROUND** : Parental nutritional knowledge will form an attitude towards children nutritional status. Good knowledge are expected to improve the nutritional intake of the children so that they could grow and develop as their age. The preliminary study through interview obtained that there are still mothers who still do not understand about the right nutrition for children accordance with children's age. This study conducted to determine the relationship between parental nutritional knowledge and nutritional status of pre school children.

**SUBJECT AND METHOD** : This study is a correlational study conducted with cross sectional approach, this study involving 40 respondents who is taken by proportional random sampling from 60 population. The data collected by using a questionnaire and analyzed using correlation test.

**RESULTS** : Analysis using Chi Square test show p value  $0.001 < \alpha 0.05$  means that there are significant relationship between parental nutrition knowledge and nutritional status of pre school children.

**CONCLUSION** : Parental attention about nutrition plays an important role in creating qualified generation in the future. children nutritional status will determine with child's intelligence.

Key words : parent, nutritional status, knowledge, pre school.

### INTRODUCTION

Children are an age group who shows the fastest growth so that they need a high caloric nutrition accordance with their age. Parent plays an important role to make sure that the child get the nutrition they needed since in this situation children need attention and support in facing fast growth and development. To make sure that the children get sufficient nutrition the parent should have good knowledge about nutrition so that the parent could provide a balanced diet menu for their children (Devi, 2012).

Beside food consumption and infection factors, availability of family resources such as education and parent's knowledge, family income, parenting pattern, sanitation and clean environment, availability of time and family support were other factors that could determine the nutritional status (Karyadi, 2005).

Parental nutritional knowledge is things parent know about healthy food for certain group age, and how parents choose, process and prepare the food correctly. Parents knowledge will determine the food selection behavior and ignorance will cause an error to choose and prepare the food correctly. Knowledge about how to keep the food healthy is determinant factors of individuals



health. Family support also plays a role in the magnitude of nutrition problem in Indonesia (Notoatmodjo, 2007).

Based on 2017 Nutrition Status Monitoring (PSG) conducted by the Ministry of Health, the under five (toddler) who experienced nutritional problems in 2017 reached 17.8%, the same as the previous year. The number consisted of toddler with malnutrition as many as 3.8% and 14% are toddler with nutritional disorder.

According to preliminary survey conducted in RT 04/RW 39 Kebonsari Village, Summersari Subdistrict, Jember Regency, shows that 15 (3.4%) toddlers was found malnutrition. From the results of the preliminary survey the researcher wanted to find out whether the situation was related to parental knowledge about the nutritional status of children under five. This study was conducted to determine the relationship between parental nutritional knowledge and nutritional status of preschool children.

### METHOD

This study is a correlational study conducted with cross sectional approach, this study involving 40 respondents who is taken by proportional random sampling from 60 population. The data collected by using a questionnaire and analyzed using correlation test.

### RESULT AND DISCUSSION

The study conducted on a sample that met research criteria as many as 40 respondents. The respondents were a mother who has preschool children and living in working area of Galdak Pakem health center. The descriptions of respondents consisting of maternal age and mother's education as follows.

Table 1. Respondent Characteristics

Characteristics	Frequency	Percentage (%)
Mothers's age (years old)		
20-30	24	60
31-40	13	32,5
>40	3	7,5
Education		
SD	1	2,5
SMP	7	17,5
SMA	23	57,5
Perguruan Tinggi	9	22,5
Children's age (month old)		
<12	5	12,5
12-23	13	32,5
24-36	9	22,5
37-48	5	12,5
49-59	8	20
Children's sex		
Male	28	70



Female	12	30
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Data in table 1 shows that majority of respondents are 20 -30 years old, graduated from senior high school, has children age 12-23 month old and has a boy.

The variable tested in this study is the correlationship between the parental nutritional knowledge and the nutritirional status of preschool age children. Knowledge was measured using a questionnaire about improving the nutritional status of preschool children. Nutritional status is measured by Z – score asesment. For body weight measured by the steel balance and micotoa for height.

Table 2. Frequency Distribution of Parental Knowledge about Nutrition

Knowledge	Frequency	Percentage
Good	3	80
Less	1	20
Total	4	1

According to the data in table 4 majority of respondents has good knowledge about nutrition. While the nutritional status of pre school age will shows below :

Table 3. indicators of Children Nutritional Status

Indicators	N	%	N	%	N
BB/U	24	60	16	40	40
TB/U	22	55	18	45	40

According to the data we see that most of respondent has good nutritional status

Table 4. Cross Tabulation of Parental Nutritional Knowledge and nutritional status of pre school children

Parental knowledge	Good	Percentage	Bad	Percentage
Good	21	53.2	7	14.9
bad	4	6.4	9	25.5
P value 0.001				

Table 4 shows that there are significant correlationship between parental nutritional knowledge and nutritional status of pre schoo children which has p value of 0.001.

According to the research that has been done, it is found that the nutritional status of children under five based on weight/age and body height/age majority is good compared to the bad one which is 60% and 55% compared to 40% and 45%. While the education majority was graduate from senior high school, which is 57.5%. this is in accordance with previous research conducted by Trimanto (2008) which says the higher parents education they will be more concern for health, especially infromation about maintaining the nutritional status of children so that children's nutritional fulfillment is monitored.



In addition, based on the results of research that has been done, the results show that the age of most parents is in range of 20 -30 years old as many as 24 people (60%). These results are consistent with research conducted by Munthofiah (2008) which stated that the age of parents has a significant influence in the nutritional status of the children under five, where younger mother (29 years old) are 3 times more likely to have children better nutritional status when compared to older mothers ( $p = 0.004$ ,  $OR = 0.32$ ).

Based on Chi Square statistical test results to determine the correlation between the parental nutritional knowledge and nutritional status of pre school children show  $p$  value 0.001. This result is in accordance with the results of research from Kurniawati (2012), obtained a  $p$  value = 0.001 there is a correlation between maternal nutritional knowledge and nutritional status of children under five in Baledono Village Purworejo District. In addition, according to the research conducted by Yudi (200) where the  $p$  value is 0.026 which means that there is a significant correlation between maternal knowledge and nutritional status of children aged 6 – 24 months in Medan Area district.

Yudi (2008) stated that parents' attention to toddler nutrition will make parents better understand the fulfillment of balanced nutrition for toddlers. Parental knowledge about toddler nutrition could change at any time depending on what is influencing, such as knowledge obtained from nurses, midwife posyandu cadres, physicians, as well as informative things like social media that can influence the knowledge itself, especially parents.

Ernawati (2006) stated that nutritional status has a very big role in creating a quality generation in the future. Nutritional status is related to children's intelligence, the formation of intelligence at an early age depends on the nutritional intake received. Poor nutrition in infancy and children, especially at the age of less than 5 years can cause disruption of physical growth and intelligence of children.

Good nutritional status is the main requirement for the realization of quality human resources, especially for toddlers. Toddlers who experience disorders or malnutrition at an early age will disrupt growth and development, causing pain and death. Nutritional disorders are generally caused by lack of nutrition, infection and the most important is the lack of parental attention (Junaidi, 2012).

## CONCLUSION AND RECOMMENDATION

Based on data analysis and discussion in this study the authors conclude that there is a significant relationship between parental knowledge and the nutritional status of preschoolers.

Health workers are expected to provide counseling to the parents routinely about the importance of knowledge about nutrition for pre school age children. And parents are expected to always pay attention to the nutritional status of pre school by bringing them to the posyandu every month.



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